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Kayaking Returns to Constitution Beach

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By John Lynds



In East Boston we have one of the nation's cleanest beaches and harbor, but as a community a majority of residents rarely use it. If you ask the average East Bostonian how often they've gone on a canoe, kayak or rowboat the majority of people would most likely answer 'never' or 'very rarely.'

With over 15 miles of coastline, Eastie's waterfront is a little-known beauty of Massachusetts.

Over the past several years the East Boston Neighborhood of Affordable Housing (NOAH) has been changing that trend and getting more and more residents out onto the water to enjoy the summer months as they should be enjoyed.

Last Thursday, NOAH has brought back free community kayaking at Constitution Beach.

The program will run until August 22, on Thursdays, Fridays, Saturdays and Sundays from 11 a.m. to 5 p.m.

There will be professionals available for lessons, so no experience is needed. All are welcome to attend, and no prior registration is required, but those who are under 18 must have a permission slip signed by a parent or guardian.

Children ages 10 to 14 may kayak alone if accompanied on the water by an adult in another kayak. Children under age 10 may paddle if accompanied on a boat by a parent or legal guardian.

NOAH expects another very successful kayaking program in the third year of the program, looking to serve over 2,000 residents this summer.

In 2017, the kayaking program run by NOAH's Youth Leadership Crew served over 3,000 participants.

Kayaking is so easy to do that just about anybody can handle it. NOAH uses very stable and comfortable sit-on-top ocean kayaks, so people don't feel confined by the boats. It literally takes no time for novice kayakers to get the hang of it on these boats.

NOAH's kayaking program is made possible by a Save the Harbor Save the Bay Better Beaches Grant, as well as support from the American Canoe Association and the Department of Conservation and Recreation.

For more information about this program, please call 617-418-8241.